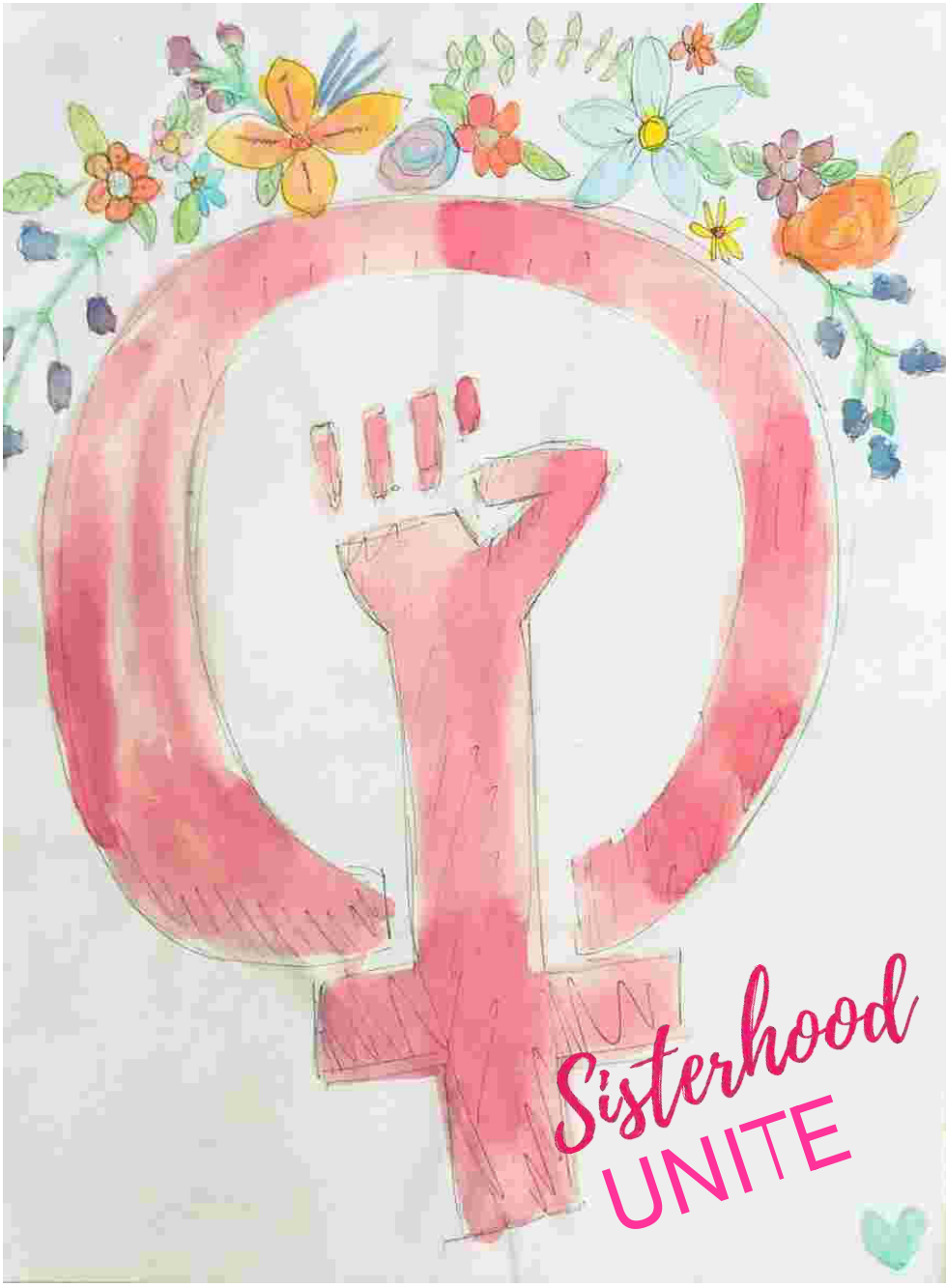
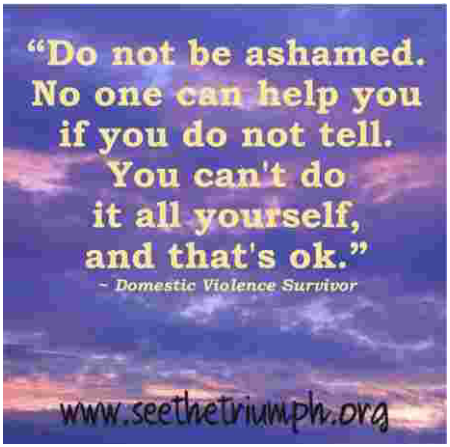
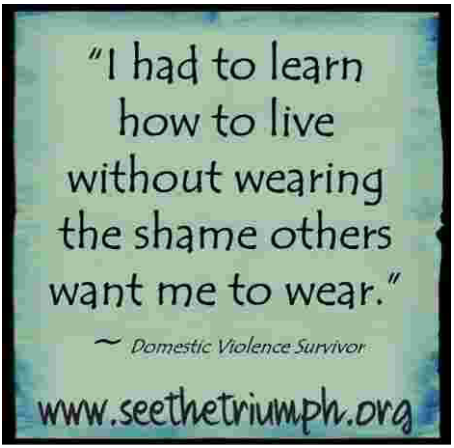


A zine about surviving and resisting sexual violence.

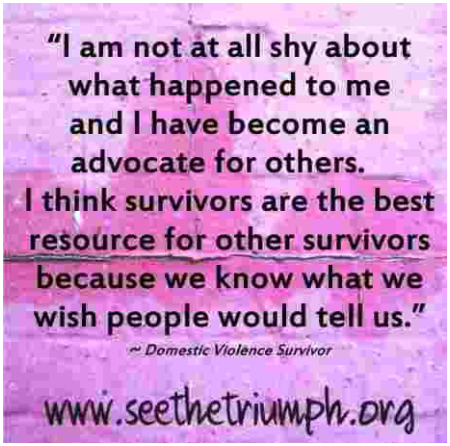


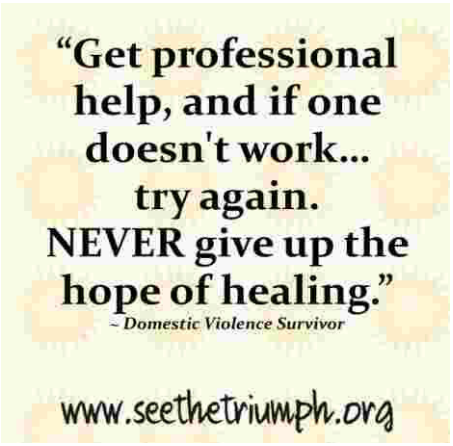


From rape and domestic violence survivors to you. We who found strength and each other through BRISSC. If you, too, are a survivor, may you find yours too.

BRISSC – 3391 2573

www.brissc.org.au


"I am not at all shy about
what happened to me
and I have become an
advocate for others.
I think survivors are the best
resource for other survivors
because we know what we
wish people would tell us."
~ Domestic Violence Survivor
www.seethetriumph.org



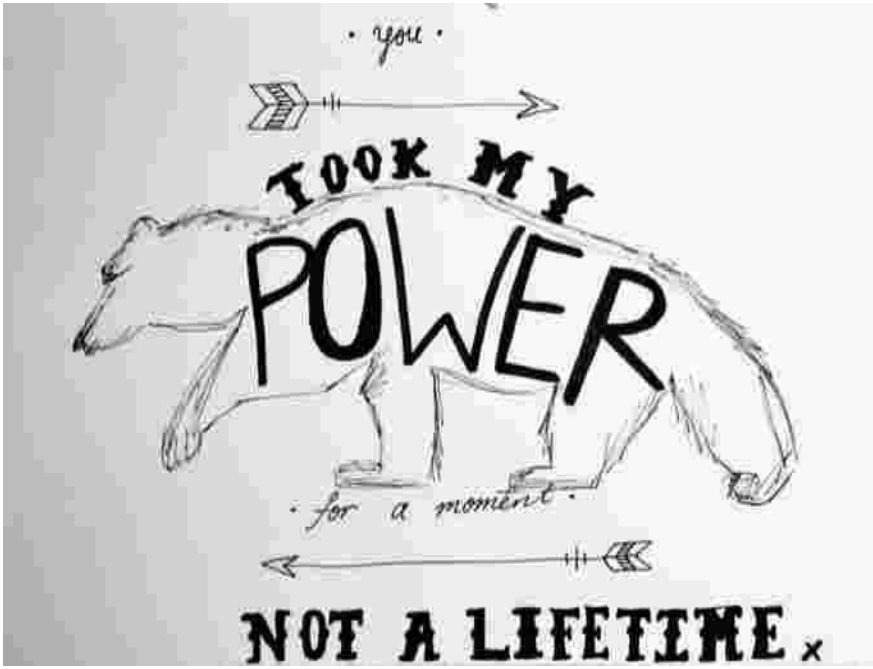
I'm Holding Space For You, Sister

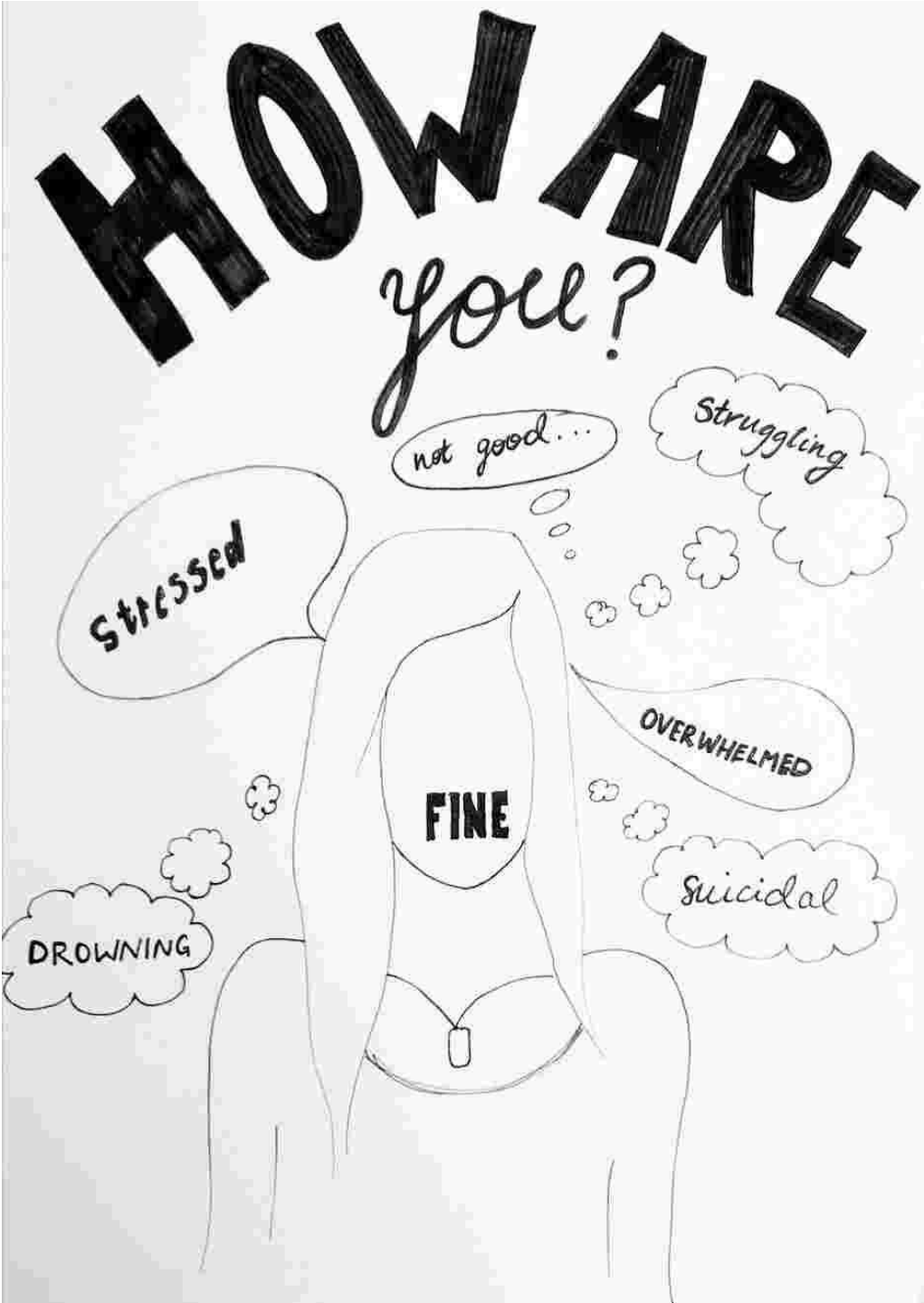
I'm not the kind of woman who will look away when you talk about rape, abuse, or addiction. I won't flinch when you walk in covered in dirt, muck, and inner shit. I won't judge your story of neglect, betrayal, or trauma. I won't try to re-write your suicidal thoughts or self-hatred. I won't ignore your cry. I won't back away from your your drool, vomit, or blood. I won't deny the relationship you have with your womb, work, or the unseen. I won't belittle your body-image or self-wisdom. I won't pretend I have an answer for you. I won't compare your divorce, break-up, or loss to another. Because I believe you. I believe you when you say what you've been through, what you're in, and all that you carry. I believe it when you say that you've tried, you want to, and that you will. I believe you now, and I will continue believing in you. Because I am the kind of woman who holds space. For you, sister.

Tanya Markul

theshebook.com

You'll Never See The World Quite The Same Way Again.


· you ·
TOOK MY
POWER
· for a moment ·
NOT A LIFETIME x


HOW ARE
you?
not good...
Struggling
Stressed
OVERWHELMED
FINE
Suicidal
DROWNING

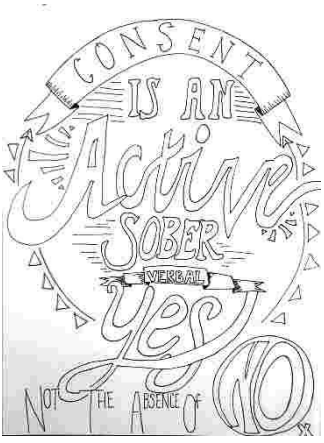
Perpetrator tactics

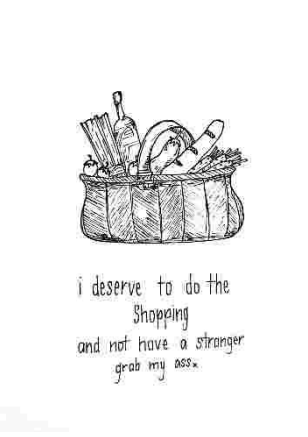
PHYSICAL VIOLENCE SEXUAL
USING COERCION AND THREATS
Making and/or carrying out threats to do something to hurt her • threatening to leave her to commit suicide, to report her to welfare • making her drop charges • making her do illegal things
USING INTIMIDATION
Making her afraid by using looks, actions, gestures • smashing things • destroying her property • abusing pets • displaying weapons.
USING ECONOMIC ABUSE
Preventing her from getting or keeping a job • making her ask for money • giving her an allowance • taking her money • not telling her know about or have access to family income
USING EMOTIONAL ABUSE
Putting her down • making her feel bad about herself • calling her names • making her think she's crazy • playing mind games • humiliating her • making her feel guilty
POWER AND CONTROL
USING MALE PRIVILEGE
Treating her like a servant • making all the big decisions • acting like the "master of the castle" • being the one to define men's and women's roles
USING ISOLATION
Controlling what she does, who she sees and talks to, what she reads, where she goes • limiting her outside involvement • using jealousy to justify actions.
USING CHILDREN
Making her feel guilty about the children • using the children to relay messages • using visitation to harass her • threatening to take the children away
MINIMIZING, DENYING AND BLAMING
Making light of the abuse and not taking her concerns about it seriously • saying the abuse didn't happen • shifting responsibility for abusive behavior • saying she caused it
PHYSICAL VIOLENCE SEXUAL

DOMESTIC ABUSE INTERVENTION PROGRAMS
202 East Superior Street
Duluth, Minnesota 55802
218-722-2781
www.theduluthmodel.org

RAPACIOUS
ABUSE
CHARMING
CALCULA
BED OF THORNS
DISTURBING
VIOLENT
SABOTAGING
NO YES NO
ISOLATING
NARCISISIST
DOMINEERING

BREATHE


CONSENT
IS AN
Active
SOBER
VERBAL
YES
NOT THE ABSENCE OF NO


i deserve to do the
Shopping
and not have a stranger
grab my ass.

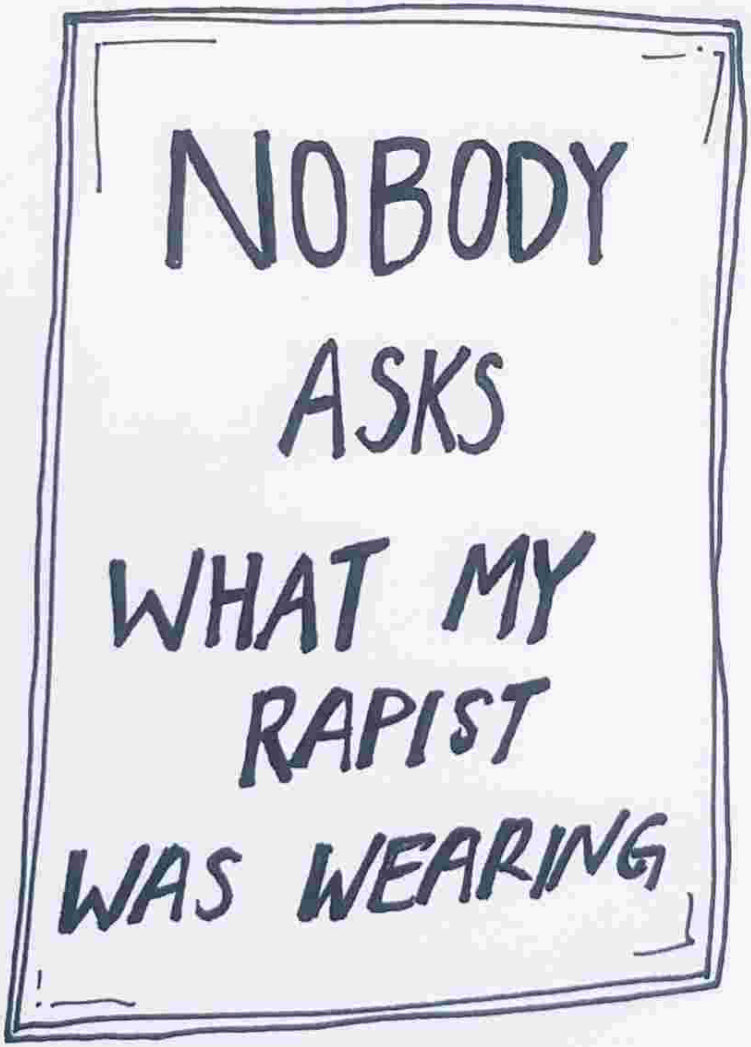
GRL PWR
BREATHE

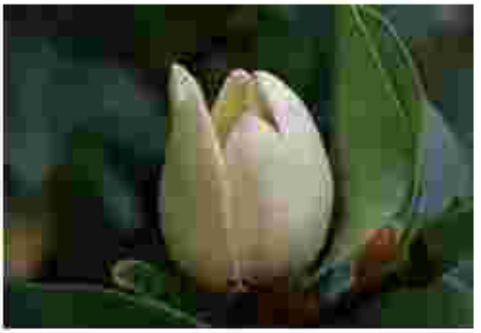
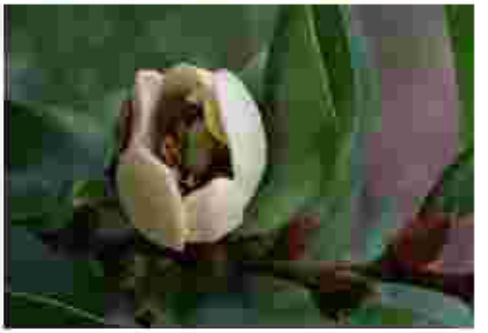
MY
FAVORITE
SEASON
is the
FALL
OF THE
PATRIARCHY

I
TOLD
AND
NO ONE
BELIEVED ME

SO
FUCKING
ANGRY

BE
THE
LIGHT

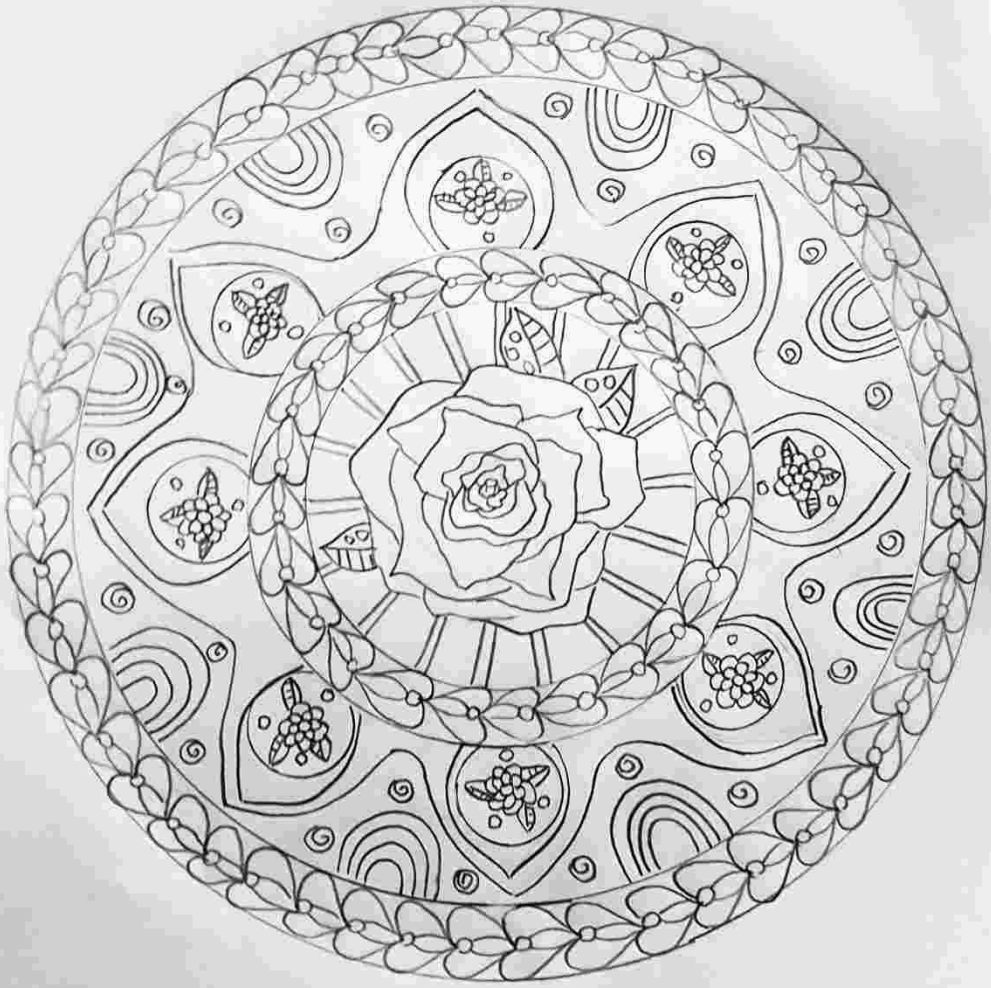

NOBODY
ASKS
WHAT MY
RAPIST
WAS WEARING

.. and the day came, when the risk to remain tight in a bud was more painful than the risk it took to blossom.
~ Anais Nin

Colour me!

MY SISTERHOOD SURROUNDS ME; THEY PROTECT ME AS I HEAL AND GROW.



Ten Rape Prevention Tips

1. Don't put drugs in women's drinks.
2. When you see a woman walking by herself, leave her alone.
3. If you pull over to help a woman whose car has broken down, remember not to rape her.
4. If you are in an elevator and a woman gets in, don't rape her.
5. When you encounter a woman who is asleep, the safest course of action is not to rape her.
6. Never creep into a woman's home through an unlocked door or window, or spring out at her from between parked cars, or rape her
7. Remember, people go to the laundry room to do their laundry. Do not attempt to molest someone who is alone in a laundry room.
8. Use the buddy system! If it is inconvenient for you to stop yourself from raping women, ask a trusted friend to accompany you at all times.
9. Carry a rape whistle. If you find you are about to rape someone, blow the whistle until someone comes to stop you.
10. Don't forget: honesty is the best policy. When asking a woman out on a date, if you are a rapist, don't pretend you are interested in her as a person. Tell her straight up that you expect to be raping her later. If you don't communicate your intentions, the woman may take it as a sign that you do not plan to rape her..

www. sgag.com

REACTIONS WHEN WE FINALLY BROKE OUR SILENCE.

"Are you sure that happened?"

"I don't want to hear stories about your sex romp."

"Were you watching your drink the whole night?"

"But you continued to live with him?"

"Are you sure he wasn't just playing? You two seem such good friends..."

"OH NO. YOU DON'T WANT SOMETHING LIKE THAT ON YOUR FILE."

"It's not possible."

"You were on Tinder. What did you expect?"

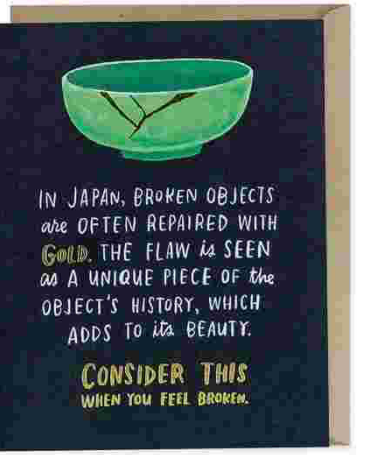
"MENTAL PROBLEMS ARE IN THE FAMILY"

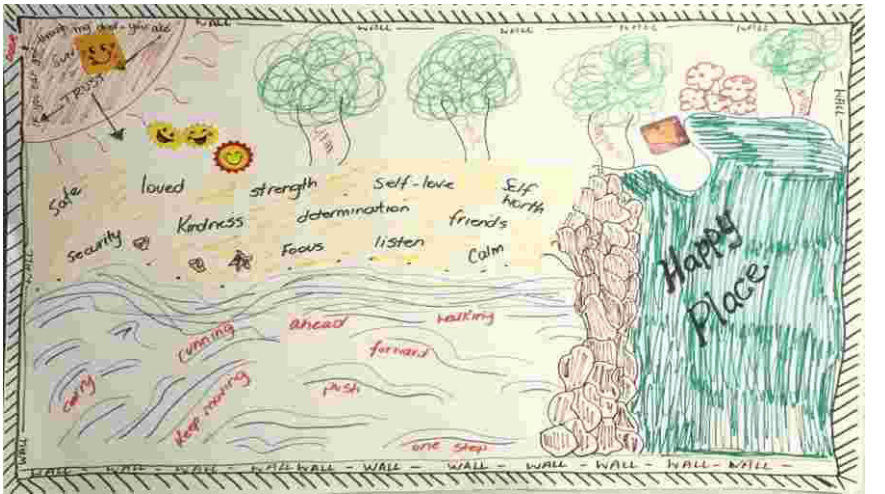
Empathy
Stop
Effects
partners
Safety
Innocent
Control
Hatred
Peace
Transform
target
Depression
knowledge
Smile
Secrets
Expression
Triggers
Past
Domestic Violence
Care
Courage
Prey
Shame
Harm
Friends
Resistance
Self-care
Guilt
Counselling
Perpetrator Tatics
Creative
Trauma
Fear
Self-Blame
Awareness
Tricks
Anger
Love
Brave
Break the

Journey
Group
Anxiety
Stress
Idiosyncrasies
Assault
Quiet
Consequences
Action
Validate
Suffer
Time
Space
support
Freedom
Music
Relationships
Witness
Help
Empower
Present
Laugh
Reflection
Protect
Share
Victim
Force
Power
Charming
Cry
Crime
Trust
Calm
Healing
Violence
Aggresion
Jail
Respect
Dogs
Women
choices
Self-Love
Nervousness

give
yourself
Time

Whisper of the heart
You can't change what's going on around you until you start changing what's going on within you.


IN JAPAN, BROKEN OBJECTS are OFTEN REPAIRED WITH GOLD. THE FLAW is SEEN as A UNIQUE PIECE OF the OBJECT'S HISTORY, WHICH ADDS TO its BEAUTY.
CONSIDER THIS
WHEN YOU FEEL BROKEN.


Safe
loved
strength
Self-love
Self worth
Kindness
determination
friends
security
Focus
listen
Calm
Happy Place
running
ahead
walking
forward
carry
keep moving
push
one step

I stick with my gut!
LOVE WITH OUT PAIN
stripped bare
JURY
INCREDIBLE
Aha!
SURVIVOR
care
HERO
MOST DANGEROUS
OPRAH
KIDS
DISCOVER
MAYBE
Renew!
TRICKS
Oh Goodie!

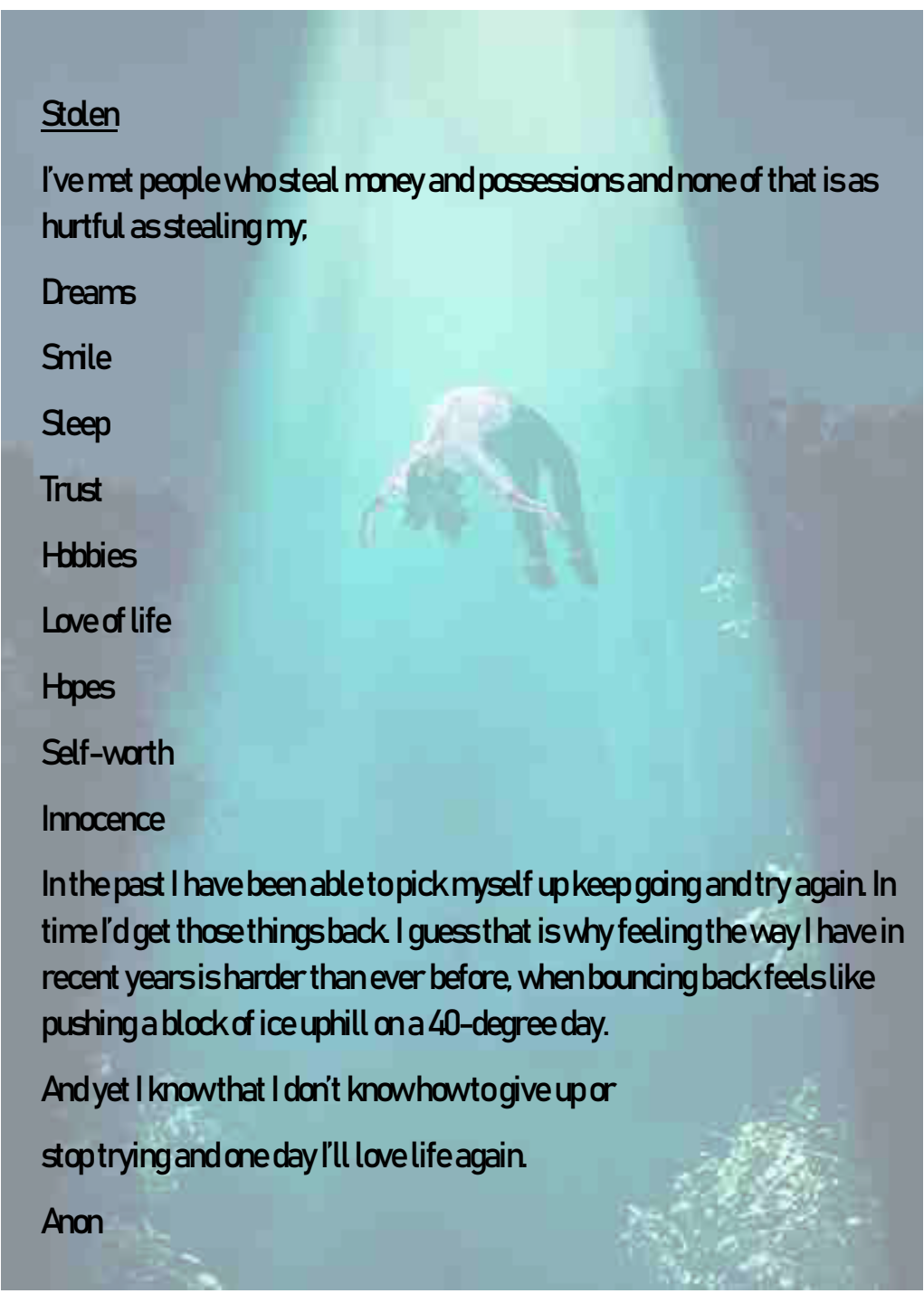
FEELINGS

HOW I MAKE IT WORK...
MY BODY
NO MORE
NO MORE
LOVE
I have to
ULTRA PERFECT
Caring for
TO DIE
HEALTH
STARVATION
Lessons in letting go
I DON'T WANT
GIRL
15
TAKE
BRING JOY
shock
focus
feeling AFRAID
the most powerful
changed
CONTROL

FIGHT BACK

FRUSTRATION
HAPPINESS
EXPENSIVE
Wipe your hands
SECRETS
ERASE
FEARS
SUFFER
PAIN
fears
RETREAT
conscience.
Challenge
endure
SMOOTH OPERATOR
SAFE
ENOUGH
ALCOHOL
FREE
IS THERE AN END TO THIS??

ROBOTS
GLAD
happy
WEEKLY
fight
VALUE
everyday
blues
bloody mess
your turn
CHANGED HER LIFE
plan
WIN
SECRET
Discover



Stolen

I've met people who steal money and possessions and none of that is as hurtful as stealing my;

Dreams

Smile

Sleep

Trust

Hobbies

Love of life

Hopes

Self-worth

Innocence

In the past I have been able to pick myself up keep going and try again. In time I'd get those things back. I guess that is why feeling the way I have in recent years is harder than ever before, when bouncing back feels like pushing a block of ice uphill on a 40-degree day.

And yet I know that I don't know how to give up or

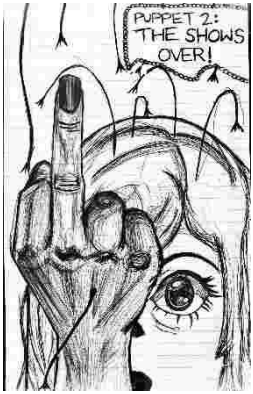
stop trying and one day I'll love life again.

Anon

I'M BROKEN,

BUT I'M beautiful.

PUPPET 1: WELCOME TO THE SHOW... THE PUPPET SHOW OF COURSE!!
PUPPET 2: OH WHAT'S IT CALLED? HAVE I SEEN IT?
PUPPET 1: IT'S CALLED LIFE. AND YES, YOU LIVE IT EVERY DAY.
PUPPET 2: BUT I DON'T WANT TO BE A PUPPET IN THE SHOW.
PUPPET 1: THEN DON'T! TAKE A STAND! MAKE A CHANGE!!


PUPPET 2: THE SHOWS OVER!

.....and then she said.
Sometimes u gotta go against the grain to save ur soul
@BKLYN_KUKI

Your trauma is valid.

Even if other people have experienced "worse." Even if someone else who went through the same experience doesn't feel debilitated by it. Even if it "could have been avoided." Even if it happened a long time ago. Even if no one knows. Your trauma is real and valid and you deserve a space to talk about it. It isn't desperate or pathetic or attention-seeking. It's self-care. It's inconceivably brave. And regardless of the magnitude of your struggle, you're allowed to take care of yourself by processing and unloading some of the pain you carry. Your pain matters. Your experience matters. And your healing matters. Nothing and no one can take that away.

Daniell Koepke

I was raped because I am sexy
I was raped because I wore a short skirt
I was raped because I wore pants
I was raped because I walked at night
I was raped because I was home alone
I was raped because I am HIV positive
I was raped because I was a virgin
I was raped because I am a sex worker
I was raped because I am a foreigner
I was raped because I am a lesbian
I was raped because I was his wife
I was raped because I am a student in his class
I was raped because I worked for him
I was raped because I was looking for a job
I was raped because I live in a township
I was raped because I live in the suburbs
I was raped because I was a comrade
I was raped because I fought back
I was raped because I did not fight back
I was raped because I was a drunk bitch I was cheeky I did not scream I was asking for it
I was raped because he is a rapist.

https://blogs.oxfam.org/en/blogs/17-11-30-what-role-do-you-play-normalizing-violence-against-women

Rape is a form of unwanted sexual behaviour that is imposed on someone.

Rape is more about the abuse of power than about sexual attraction or the desire for sexual gratification.

Rape is a crime and always the responsibility of those who commit it.

PUSH-
SARAH McLACHLAN

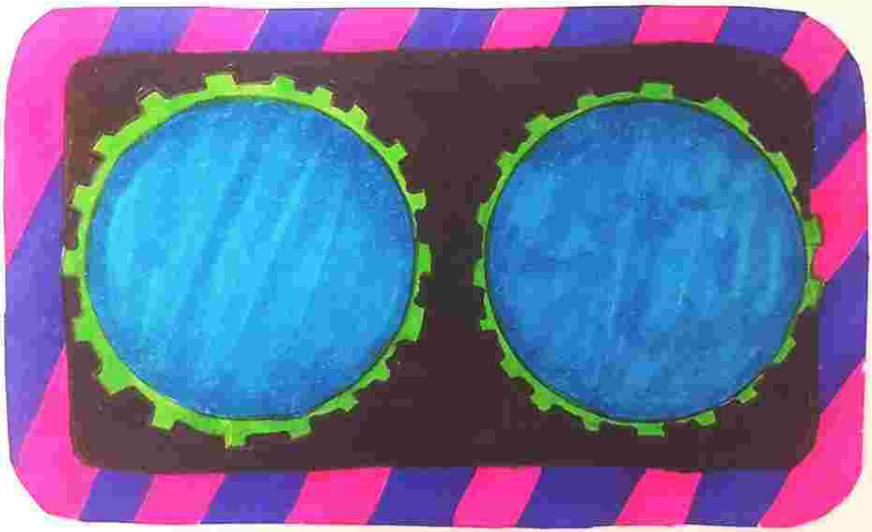
MIXED

GIRL ON FIRE-
ALICIA KEYS

tAPE

HYMN TO HER-
KATIE NOONAN & FRIENDS

HOW IT FEELS-
LADY GAGA



MODERN DAY F* WORD-
ANTI-PRODUCT

THAT I WOULD BE GOOD-
ALANIS MORISSETTE

BECAUSE OF YOU-
KELLIE CLARKSON

I WAS HERE.
BEYONCÉ

I'M ALIVE-
SIA

PRAYING-
KESHA

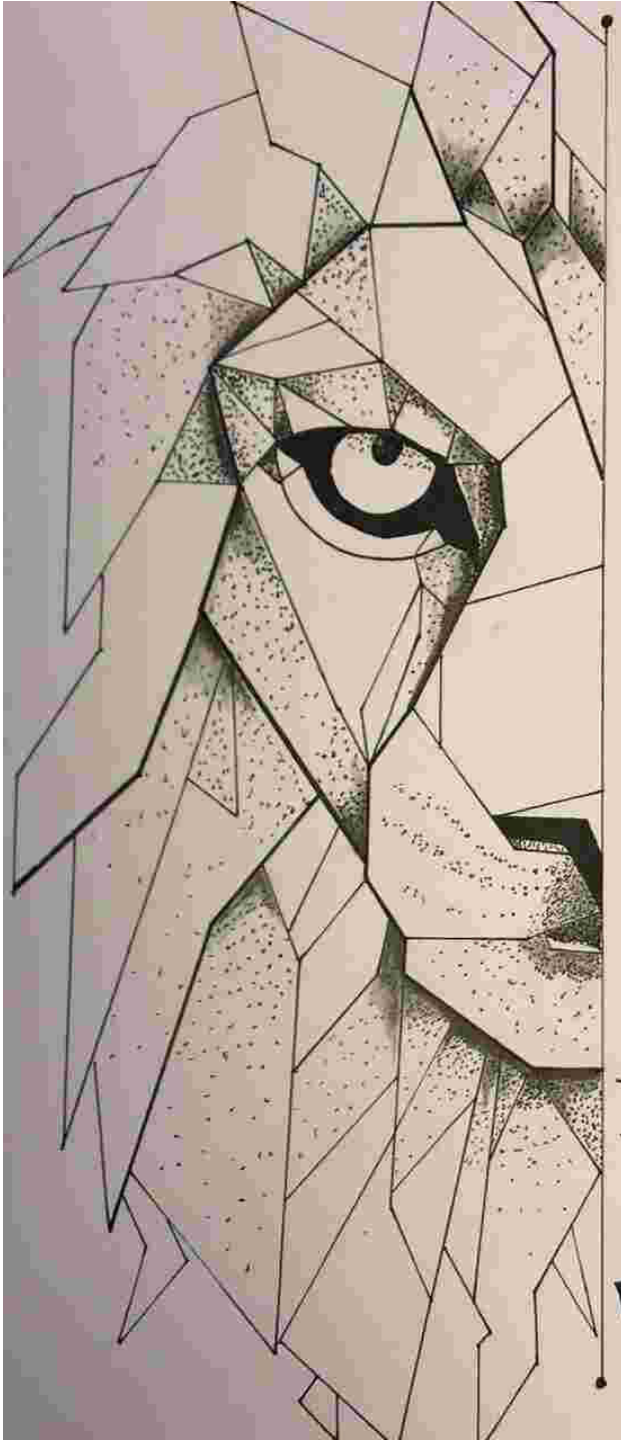
KEEP
CALM
AND
FUCK THE
PATRIARCHY
GRL PWR
GIRLS
JUST WANNA
HAVE FUN
-DAMENTAL
HUMAN
RIGHTS
BECAUSE....
Clothing
IS NOT
CONSENT
BECAUSE NO ONE IS
EVER
"asking for it"
WE ARE PEOPLE TOO
·we·
owe you
NOTHING
ONLY
WE SHOULD
HAVE CONTROL
OF OUR OWN
BODIES
WE
DON'T
EXIST
for your
AMUSEMENT
WE DON'T
HAVE TO SMILE FOR ANYONE
RECLAIM
THE
NIGHT
soft

[sur • vi • vor]

To beat the odds, one with great courage and strength, a true inspiration

she was fierce, she was strong,
she wasn't simple. she was crazy
and sometimes she barely slept.
she always had something to say.
she had flaws and that was ok.
and when she was down, she got
right back up. she was a beast
in her own way, but one idea
described her best. she was
unstoppable and she took anything
she wanted with a smile.

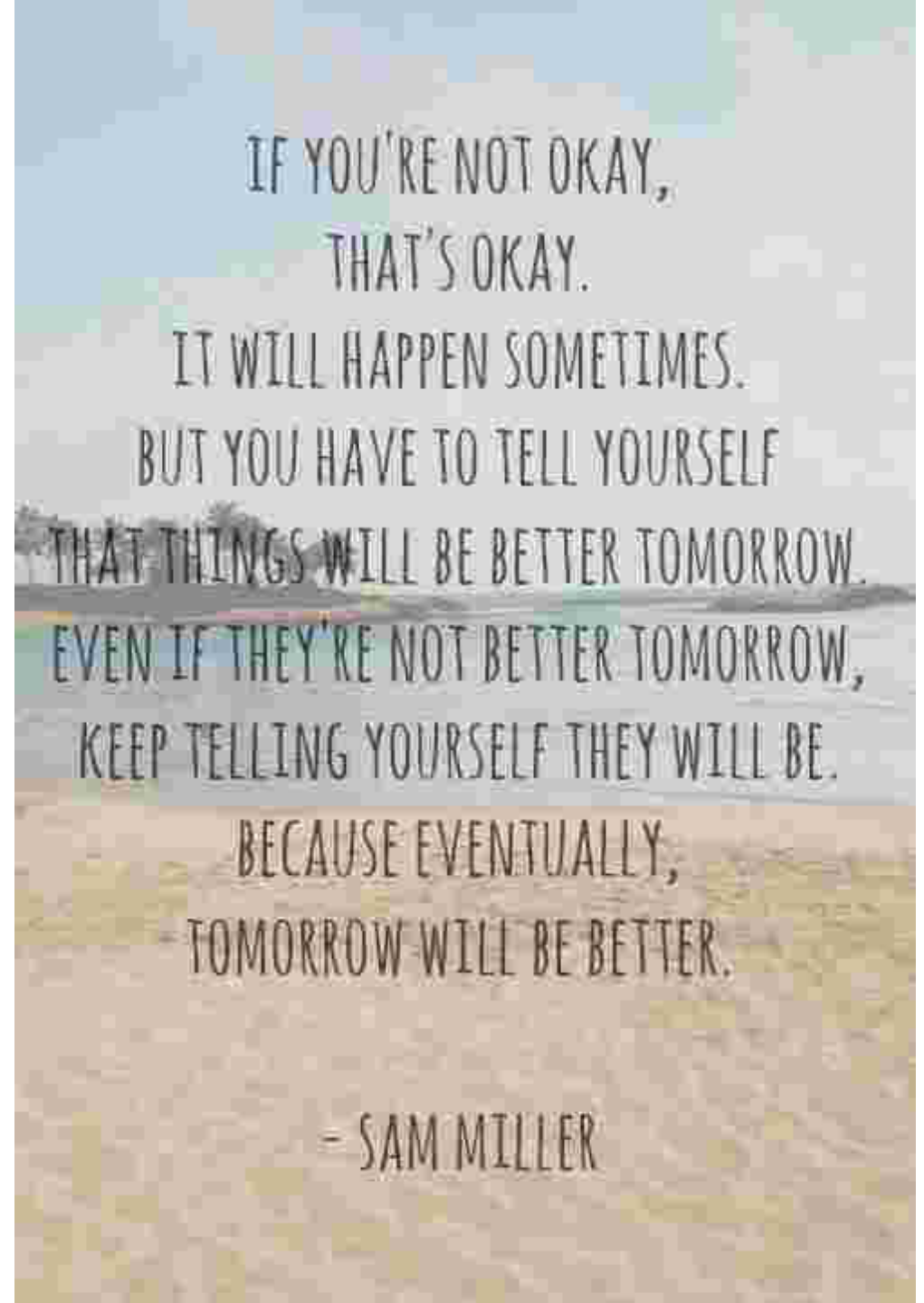
r.m. drake



I HAVE BEEN FIGHTING SINCE I WAS A CHILD.

I'M NOT A SURVIVOR.

I'M A FUCKING WARRIOR.


IF YOU'RE NOT OKAY,
THAT'S OKAY.
IT WILL HAPPEN SOMETIMES.
BUT YOU HAVE TO TELL YOURSELF
THAT THINGS WILL BE BETTER TOMORROW.
EVEN IF THEY'RE NOT BETTER TOMORROW,
KEEP TELLING YOURSELF THEY WILL BE.
BECAUSE EVENTUALLY,
TOMORROW WILL BE BETTER.
- SAM MILLER

valuable
GRL PWR
strength
warrior
gypsy
survivor
rage: roar
resilience
on fire speaking